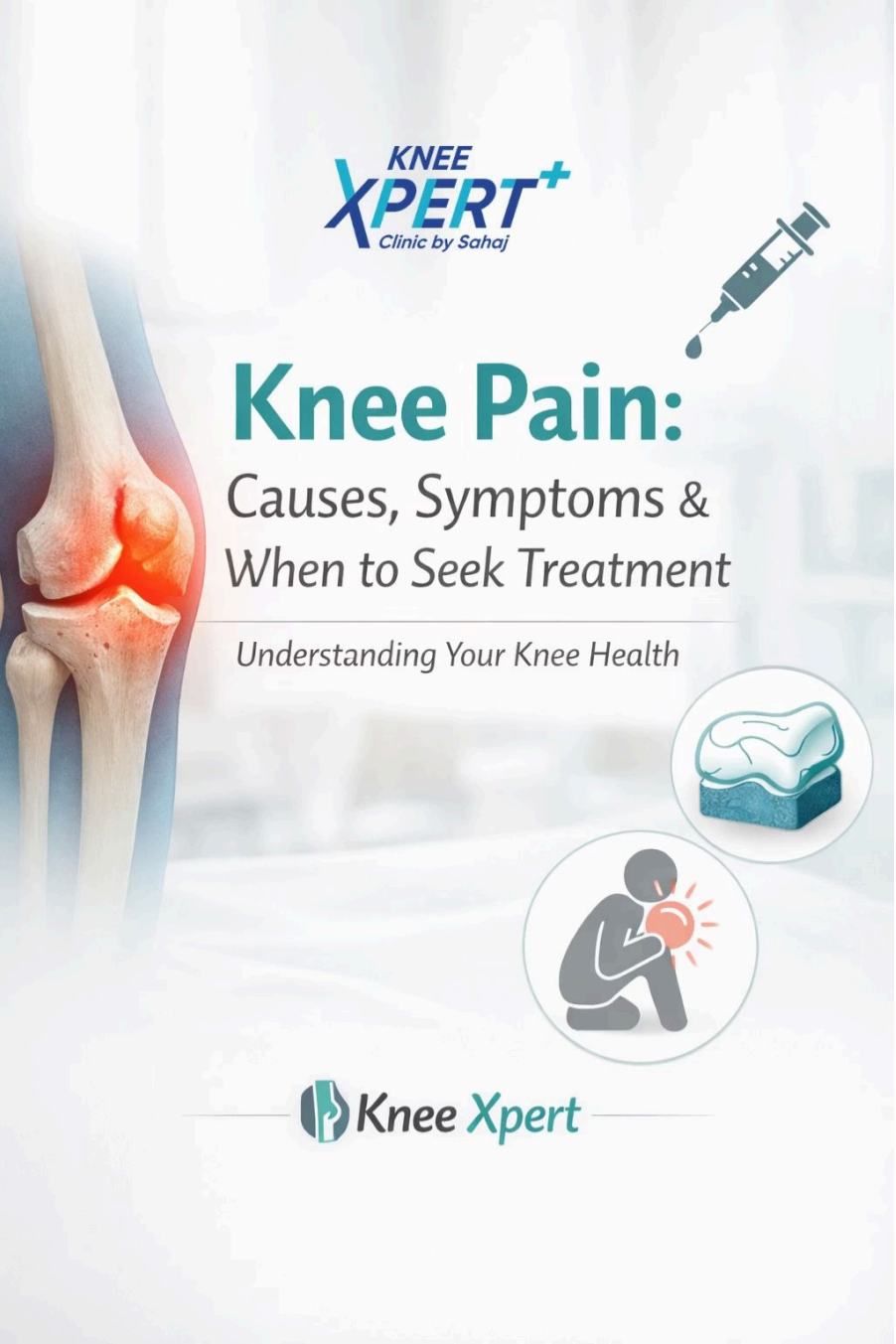

Knee Pain: Causes, Symptoms & When to Seek Treatment

Understanding Your Knee Health

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Introduction

Knee pain is one of the most common joint problems affecting people of all age groups. It can impact daily activities such as walking, climbing stairs, and sitting comfortably. Early understanding helps in better treatment and recovery.

Why Does Knee Pain Occur?

Injury

Knee pain can result from injury, overuse, or underlying medical conditions.

Acute vs. Chronic

It may develop suddenly (acute) or gradually over time (chronic).

Diagnosis

Identifying the cause is essential for effective treatment.

Common Causes of Knee Pain

- **Osteoarthritis**
- **Ligament Injuries (ACL, PCL)**
- **Meniscus Tear**
- **Cartilage Damage**
- **Tendinitis and Inflammation**

Knee Pain in Different Age Groups

Young Adults

Sports injuries, gym-related strain

Middle Age

Early wear and tear

Older Adults

Osteoarthritis and joint degeneration

Common Symptoms

What to Watch For

Recognizing these symptoms early can make a significant difference in your recovery journey.

- [ ] **Pain while walking or bending**
- [ ] **Swelling around the knee**
- [ ] **Stiffness or reduced movement**
- [ ] **Clicking or locking sensation**
- [ ] **Weakness or instability**

Warning Signs (Do Not Ignore)

⚠️ These warning signs require prompt medical attention. Do not delay seeking care.

Persistent pain lasting more than a few weeks

Difficulty bearing weight

Sudden swelling after injury

Knee deformity or instability

Pain affecting sleep or daily routine

When Should You See a Doctor?

Consult a specialist if:

- **Pain is not improving with rest or medication**
- **Movement becomes restricted**
- **You experience repeated swelling**
- **Daily activities are affected**

> Early consultation can prevent worsening of the condition.

Treatment Options

Rest and Physiotherapy

Medications for Pain Relief

Injection Therapy (Non-Surgical Option)

Advanced Regenerative Treatments

Surgery (Only in Severe Cases)

Get Expert Care for Your Knee Pain

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